

# Shema Kolainu Hosts Workshop Featuring Dalia Zwick, PT, PhD

NEW YORK, NEW YORK, UNITED STATES, February 28, 2018 /EINPresswire.com/ -- NEW YORK, NY-- (EIN Presswire – February 28, 2018) - Shema Kolainu - Hear Our Voices hosted a free autism workshop at Touro College in New York City on Tuesday, February 27th. Acclaimed Physical Therapy Specialist, Dalia Zwick, PhD, presented a therapeutic approach to the posture and gait issues in individuals with ASD, Autism Spectrum Disorder. The room was filled with Physical Therapists, parents of autistic children, Special Education teachers, Early Intervention Specialists and other healthcare professionals.



Dalia Zwick Presents Therapeutic Positioning Workshop

This workshop focused on proper body alignment and physical positioning for children with Autism but was also very informative on general posture imbalances and the importance of correcting them. Most of the time, we aren't aware of our slouching but over time it has an adverse affect. She states, "by the age of five, if something is being repeated, the body remembers it and becomes very difficult to correct".

Her unique specialty was derived from her yoga practice as well as taking on an interest in sketching and animation to better understand correct body posturing whether it's sitting, standing, walking, or even sleeping. The group participated in a few exercises to experience imbalanced strain, realignment and proper body positioning.

Dr. Zwick developed using parallel bars in her practice to help individuals feel how to stand correctly and comfortably aligned. Another interesting point she made was that kids with ASD don't ever get a chance to relax if their body isn't supported and comfortable. Relaxation is extremely important for overall health and particularly necessary in order for children to be alert and engaged in their learning environment.

For more information about Dalia Zwick and therapeutic positioning visit [www.therapeutic-positioning.com](http://www.therapeutic-positioning.com).

Shema Kolainu - Hear our Voices, is a school and center for autism, an educational organization dedicated to the support and education of individuals with Autism Spectrum Disorders (ASD) and a leader in the field of special needs education. The workshop series is a great opportunity to gain knowledge from some of the best resources in the field of Autism. These Autism workshops are made possible by the NYC Council Autism Initiative Funding and are held throughout the year. The next workshop will be held on March 27th, features Sara Goldstein, M.S. Ed., CCC-SLP, TSSLD,

presenting “AAC – Augmentative and alternative Communication.”

#### About Shema Kolainu

Shema Kolainu is one of the sponsors of the ICare4Autism International Conference: Genes, Technology, and Clinical Care, to be held in November.

For more information or to sign up for a free workshop, please visit [www.shemakolainu.org](http://www.shemakolainu.org) or contact [info@skhov.org](mailto:info@skhov.org).

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